

NICOTINE REPLACEMENT THERAPY

NICOTINE PATCH 7 MG, 14 MG, 21 MG

What does it do?

The patch will release small but continuous amounts of nicotine into the body through the skin to help decrease withdrawal symptoms.

How do I use it?

- Begin using the patch on your quit date.
- Each day, remove the old patch when you wake up, and apply one new patch.
- Peel the back off the patch and put it on clean, dry, hair-free skin on your upper arm, chest, or back.
- Press patch firmly in place for 10 seconds so it will stick well to your skin. If needed, you can apply medical adhesive tape over the patch to keep it in place.
- You can bathe, shower, and swim while wearing the patch.
- Avoid wearing the patch on the same area more than once a week.
- Fold the used patch in half with the sticky sides together and throw it in the regular trash, away from children or pets.
- If you slip up and use tobacco, continue using the patch and try not to smoke or dip.
- If you start with 21 mg patches, you can use the patch for one to two months. When you are ready, step down to a lower dose and continue reducing over time. Tapering off usually takes about three to four months, but sometimes it may take longer. Talk with your healthcare provider about your goals for decreasing use.

What are the possible side effects?

- May cause minor burning, itching, or redness of skin. To reduce this problem, avoid using the patch on the same area in one week.
- If you have skin irritation for more than four days or if you have severe burning or hives, remove the patch and stop using it. Contact your healthcare provider right away.
- Sleep problems or vivid dreams may occur. If so, remove the patch before going to sleep.

Use these tools for additional support!



Sign up for SmokefreeVET Text

Text **VET** to **47848** or go to **Smokefree.gov/vet**.



Call the Quitline

Speak with a Quit VET counselor Monday–Friday.
Dial **1-855-QUIT-VET** (1-855-784-8838).

Using medication together with behavioral counseling gives you the best chance of quitting tobacco. Talk with your healthcare provider about the best medication for you.

VETERANS HEALTH ADMINISTRATION
Smokefree.gov/veterans

VA



U.S. Department
of Veterans Affairs

 **smokefree**vet

1-855-Quit-Vet
TOBACCO QUITLINE